SHORTS

Dulwich Runners AC
Weekly Newsletter
April 16th 2014

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 16 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 22 Track session with Steve Smythe - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

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And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Crystal Palace Track

Tuesdays with Steve Smythe - suitable for all abilities
Improve your speed & strength over all distances.
suitable for all abilities.

We pay a monthly fee so it is important as many people use the track as possible so we don't make a loss.

The entry & payment systemsystem has changed.
£2.50 per session
Ideally aim to arrive at 7pm warm up for 7:15 start.
Please see page 2 for full details on track entry and payment system - Steve Smythe.

Many thanks to all those who came out and supported our runners on Sunday. Many of our entrants have said how much they appreciated it.
As far as I know, everyone completed the course and times were excellent.
A special "thank you" to Shona McIntosh for coming down from Edinburgh and running for Dulwich.
It was also great to see so many runners and supporters at "The Marquis" afterwards.
A great day for the club
Ron Searle

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in !

Rehydration !

Come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

EVENT HORIZON

A brief look ahead

full fixture list page 3

May 1 Assembly League - Victoria Park - 7:30 start
May 5 Ted Pepper 10k - Club Champs
May 25 Rye 10 - Club Champs

NEW RUNNERS ROTA

Many thanks to **Poppy Meadows, Ameet Patel & Mike Mann** for taking out new club runners last week.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Volunteers will be needed	**16/04**
Barrie John Nicholls	23/04
Ameet Patel	30/04
Ebe Prill	07/05

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

Crystal Palace Track

The entry system has changed, a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception so you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track. Ideally aim to arrive at 7pm.
You may need ID eg: DR members card or EA/UKA reg card
It might be easier to pay £5 for a further session. It will be £3 if you can't pay. Some of us travel some way to do this so those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage. - ***Steve Smythe***

DULWICH CHARITY EVENT

Susan Vernon writes:
At the moment no Dulwich Charity event will be taking place this year. Why? Because I have only received one offer to help on the organisation of this event. Is there anyone out there with ideas for an event or an alternative route for our 10k?
We can no longer use our usual course as it is much too crowded in Dulwich Park and through Dulwich Village. Also there is the possibility of the carriageway in the Park being closed for drainage works. I would very much like to hear from lots of people otherwise sadly, after 28 years, this will not happen.
It is very important that Dulwich Runners gives something back to the community so we need an event to raise money for a local charity.
My email address is vernonrun@aol.com and I look forward to hearing from you. Thank you

Orpington High Elms 10k

will take place on Sunday, 15th June 2014 starting @ 09.30 am

- It will be a single lap, challenging course incorporating the park's woodland nature trails and will be 99% off road
- There will be chip timing, medals, prizes, parking and photos all marshalled by the experienced ORR team.
- All profits will be donated to the Alzheimer's Society.
- Full details including arrangements on the day at the new venue and how to enter are available now at www.orprunners.com

We look forward to welcoming you and members of your club to what we think will be a great event.
Any questions please contact
racedirector@orpingtonraces.com
Thanks & regards - ORR Race Committee

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order to qualify it will be necessary to complete 5 races in total, including at least one from each distance category.
The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need to ensure that your club membership is up to date in order to qualify for points.
For those wishing to know the Clup Champs rules they are on the clubs website
The events are as follows:

1 February	Brockwell parkrun 5k (short)
2 March	Tunbridge Wells Half (long)
13 April	London (or other) Marathon (long)
5 May	Ted Pepper 10k (medium)
25 May	Rye 10 miles (long)
16 June	Battersea Park 2 miles (short)
22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

CLUB CHAMPS UPDATE

Owing to impending drainage works in Dulwich Park, it has been decided to shift the 2 mile race there scheduled for 11 September, to Monday 16 June in Battersea Park, where we will use the Sri Chimnoy 2 mile race as our club champs. This starts at 7pm just past the entrance to the main car park and you can enter on the evening.

GREEN BELT RELAY UPDATE

We have now successfully entered two teams for this year's Green Belt Relay on 17/18 May. This is likely to consist of a men's and women's team. However the women's team numbers are tight, so if anyone else would like to take part, please get in touch.
Those who have put their names have now been contacted with further details, including a request for stage allocation preferences and for a £10 contribution towards entry costs. Provisional stage allocations will be sent round early in April. Mike Mann mcmann90@yahoo.co.uk

GREEN BELT RELAY: URGENT REQUEST FOR WOMEN RUNNERS

We are planning to enter a women's team for the Green Belt Relay on 17/18 May, but need at least 2 additional runners to be sure of fielding a complete team. If you are available and willing to run stages on both Saturday or Sunday or require further details please contact me. Newly joined club members or old stagers who have taken part in the event before are equally welcome. mcmann90@yahoo.co.uk

Dulwich Runners 2014 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race			Venue
May	1	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	5	Ted Pepper 10k	for online entry see below	(medium)	Bromley, Norman park
	14	Beckenham relays			Beckenham
	25	Rye 10 miles		(long)	Rye
Jun	5	Assembly League	5k		Beckenham - 7:30 start *** note changed venue**
	11	Dulwich Club Champs	2 miles	(short)	Beckenham *** note changed venue**
	22	Beckenham 10k		(medium)	Beckenham
July	3	Assembly League	5k		Battersea Park - 7:30 start
	11	Mark Hayes Mile		(short)	Dulwich College Track
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start

Ted Pepper online entry **http://tinyurl.com/q98cmgv**
Club champs rules now available on the website

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

1 May	Victoria Park	3.5 miles	7.30 start	
5 June	**Beckenham**	5k	7.30 start	*** note changed venue**
3 July	Battersea Park	5k	7.30 start	
7 Aug	Victoria Park	3.5 miles	7.30 start	
4 Sept	Beckenham	3 miles	7.15 start	

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons with the first one scheduled for 12 April.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

9	Apr	Parliament Hill
12	Apr	Tooting track
5	May	Tooting track (same day as Ted Pepper 10k club champs)
10	May	Crystal Palace
10	May	Parliament Hill (10,000m)
19	May	Norman Park
9	Jun	Norman Park
26	Jun	Tooting track
19	Jul	Crystal Palace
21	Jul	Norman Park
11	Aug	Norman Park
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races. Please contact me for further details.
Mike Mann

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound - Men's Road Captain

Race Reports & Results

Nb Steve Smythe will now only send in results for races he attends or arranges for someone else to attend, so to be sure your race results appear in SHORTS you must send them in.

If you can write a report even better, all road, fell, XC, Tri results etc, are welcome .

DULWICH WOMEN SECOND IN LONDON, ENGLAND AND BRITAIN!

Virgin Money Marathon, April 13

Steve Smythe Smtyhe writes.....

The women of Dulwich Runners carried on their superb record in the marathon and took a very easy second place in the British and English Championships behind Serpentine, who have about ten times as many members. In the three to score event, we had four finishers long before any other club other than Serpentine had finished three..

Congratulations to Shona, Toni and Emily and worth noting Mel's scoring would have still seen us finish second and and we have at least two other runners also capable of a sub-3 in Clare and Charlie, who can hopefully strengthen the team even further next year.

Conditions were a little too hot for some and undoubtedly affected some times. In most cases the pacing was very good by club members with very even splits for most over the first 25km to 30km, though there was a little dropping off by most in the last 10km but far fewer complete meltdowns compared to normal!

Charlie Lound was obviously the star male performance, though there were a few other Pbs.

175 Charlie Lound 2:39:19 (PB/Club M40+ and M45 record) (79:27, 79:52) 847 pts
(18:34, 18:49, 18:55, 19:03, 18:45, 18:57, 18:57, 18:58, 8:21)
(Superb run to break 2:40 for first time with astonishing splits and he not only easily broke the club M45 record but also broke his own Dulwich M40 record.)

13W/525 Shona McIntosh 2:49:09 (81:13, 87:56) (808 pts)
(18:56, 19:12, 19:10, 19:38, 20:04, 21:03, 20:47, 21:26, 8:53)
(Made brave attempt to get close to Commonwealth Games sub-2:40 standard but began to find it hard after 10 miles and on second half realising PB wasn't on, she eased back but still ran a very good sub 2:50 to lead us to more national medals again.)

970 Paul Devine 2:56:52 (83:36, 93:16) 707 pts
(19:44, 19:57, 19:47, 19:47, 20:10, 21:00, 21:55, 24:00, 10:26)
(Made good attempt to go for 2:45 and though not feeling 100%. held a low 2:50 pace until quite late and a hamstring ache didn't help but still set PB>

53W/1181 Toni Holt 2:58:52 (PB) (86:26, 92:26) 764 pts
(20:05, 20:03, 20:29, 21:12, 21:20, 22:07, 22:07, 21:47, 9:20)
Started quickly and though slowing slightly on second half, held pace very well through crucial 25km to 40km and comfortably broke three and set PB.)

1324 Tom Marshall 2:59:30 (87:49, 91:41) 70-2 pts
(20:48, 20:45, 20:50, 20:53, 20:59, 21:25, 21:47, 22:21, 9:42)
(Rarely seen at club lately but ran a good controlled run at inside sub-3 pace and though slowing slightly, did enough to break three.)

78W/1474 Emily Gelder 3:00:59 (89:13, 91:46) 781 pts
(20:48, 21:17, 21:16, 21:17, 21:14, 21:21, 21:28, 22:22, 9:56))
(Ultra runner held three hour pace until very late but struggled last few miles.)

1712 (97 M50) Ebe Prill 3:04:16 (PB) (90:04, 94:12) 764 pts
(21:02, 21:31, 21:38, 21:17, 21:31, 21:58, 22:45, 22:42. 9:52)
(Very controlled run and very close to three hour pace and though not quite maintaining, easily his strongest and fastest marathon to date.)

115W/1827 Mel Edwards 3:05:20 (89:47, 95:33) 734 pts
(21:02, 21:28, 21:26, 21:17, 21:10, 21:39, 22:21, 24:16, 10:41)
(After recent missed training and a few injury niggles, made gallant attempt to break three and though having to slow with another problem second half, still smashed her PB.)

2054 Rob Cope 3:09:11 (PB) (92:24, 96:47) 682 pts
(21:32, 21:54, 21:50, 22:09, 22:42, 22:47, 23:17, 23:12, 9:48)
Big PB and kept pace well after adjusting target midrace though capable of much faster.)

3095 (62nd M55) Steve Smythe 3:16:38 (96:27, 100:11) 750 pts
(22:51, 22:52, 23:02, 22:48, 22:42, 23:11, 23:22, 24:03, 11:47)
(Just about survived lack of training and a few calf and Achilles twinges to get sub 3:20 good for age target)

4648 Andy Murray 3:27:53 (1:43:26, 1:44:27) 744 pts
(25:06, 24:22, 24:27, 24:17, 24:07, 24:34, 24:45, 25:02, 11:13)
(Superb pacing and his first 5km was slowest and held it together with even run)

4769 Olivier Montfort 3:28:36 (1:42:26, 1:46:10) 619 pts
(24:18, 23:49, 24:51, 24:14, 24:03, 24:35, 25:10, 26:19, 11:17
(Achieved sub 3:30 target with a little in hand after his first six very even 5km splits helping)

5263 Gideon Franklin 3:31:09 (PB) (1:42:33, 1:48:36) 666 pts
(23:53, 24:29, 24:31, 24:17, 24:59, 25:22, 25:41, 26:23, 11:34)
(Kept his pace really well and only dropped off 3:30 pace very near end)

954W/6069 Anna Thomas 3:36:08 (PB) (1:45:27, 1:50:41) 629 pts
(24:24, 24:52, 24:58, 25:46, 24:57, 25:20, 26:37, 27:23, 11:51)
(Pace went a little after 30k and couldn't quite break 3:30 but still a PB after a little missed training in last month.)

7897 Martin Double 3:53:41 (1:51:10, 2:02:31) 537 pts
(26:09, 26:24, 26:17, 26:31, 26:55, 27:30, 29:14, 30:25, 14:16)
(Good pace until 30km but lost ground in last 10km but enough to break four easily.)

2971W/12987 Laura Lane 4:05:24 (2:02:40, 2:02:44) 560 pts
(28:45, 29:08, 29:34, 29:00, 29:38, 29:23. 29:28, 28:03, 12:25)
(In company of Charlie, overtook an incredible 2244 runners in last 7km and clearly capable of much faster.)

2973W/12992 Charlie Boden 4:05:24 (2:02:39, 2:02:45) 567 pts
(28:46, 29:07, 29:34, 29:01, 29:37, 29:22, 29:28, 28:04, 12:25
(As above – remarkable even run with very fast finish)

10444/164th M60 Barrie-John Nicholls 4:08:13 (1:57:54, 2:10:19) 617 pts
(27:51, 28:26, 28:04, 27:32, 28:05, 28:20, 28:18, 33:40, 17:57)
(Held together superbly until 35km and then dropped off quite a bit and couldn't produce usual strong finish.)

29692/183rd M65 Steve Wehrle 5:25:25 (2:21:02: 3:04:23) 500 pts
(32:12, 32:55, 34:21, 34:20, 34:22, 38:27, 47:18, 49:26, 22:04)
(Forty minute slower over second half as continued his remarkable ever-present string.)

British Championships and English Championships women's Team result:
1 Serpentine: 9:38:35 (H Gaunt 2:49:43, L Harling 2:54:17, V Crawford 2:54:45); **2 Dulwich: 9:48:38 (S McIntosh 2:49:09, T Holt 2:58:30, E Gelder 3:00:59)** Clapham Chasers (ineligible for championships) 9:58:45 (K Morgan (NZL) 2:55:45 (vest violation); M Galea Holmes (CAN) 2:59:42, M Venn 3:03:18); 4 Cornwall 10:01:05 (E Stepto 2:36:05, Z Morrell 3:01:50, S Bosustow 3:23:10); 5 New Forest Runners 10:23:17 (V Sesto (ARG) 2:51:43; L Young 3:12:23, B Hollowbread 3:19:11); 6 Haslemere Border 10:31:16 (K Ward 3:01:02, S Goble 3:05:52, I Peters 3:24:22); 7 Belgrave 10:36:49 (L Blizzard 2:58:42, M Spalton (USA) 3:00:44, H Barsham-Rolfe 3:37:23; Winchester (ineligible for championships) 11:16:03 (K Hazlitt 3:14:00, S Bowers 3:26:40 (vest violation), A Voss 3:35:23)

Women: 1 Serpentine: 8:38:35 (H Gaunt 2:49:43, L Harling 2:54:17, V Crawford 2:54:45); **2 Dulwich: 8:48:38 (S McIntosh 2:49:09, T Holt 2:58:30, E Gelder 3:00:59)** 3 Cornwall 9:01:05 (E Stepto 2:36:05, Z Morrell 3:01:50, S Bosustow 3:23:10); 4 London Heathside 9:10:26 (K Webster 2:49:48, R Bunting 3:03:41 E East 3:16:57); 5 New Forest Runners 9:23:17 (V Sesto (ARG) 2:51:43; L Young 3:12:23, B Hollowbread 3:19:11); 6 Haslemere Border 9:31:16 (K Ward 3:01:02, S Goble 3:05:52, I Peters 3:24:22); 7 Belgrave 9:36:49 (L Blizzard 2:58:42, M Spalton (USA) 3:00:44, H Barsham-Rolfe 3:37:23
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Analysis of the last 7km

For the first time, the marathon logged how many overtook you or you overtook in last 7km.
Both Laura Lane and Charlie Boden passed over 2000 and not a single runner came past them. Note Charlie Lound 'only' took 55 but given his position and how few were ahead was relatively more impressive, and again no one came past him.
The figure below is the net gain or loss ie Andy Murray passed 495 and was passed by 44.

Laura Lane	2244 (overtaken by 0)
Charlie Boden	2236 (overtaken by 0)
Andy Murray	451
Rob Cope	322
Gideon Franklin	297
Ebe Prill	277
Olivier Montfort	243
Anna Thomas	238
Toni Holt	130
Steve Smythe	124
Charlie Lound	55
Shona McIntosh	29
Tom Marshall	17
Emily Gelder	6
Mel Edwards	-54
Martin Double	-181
Paul Devine	-206
Barrie J. Nicholls	-1364
Steve Wehrle	-2599

Paul Devine writes.....

My third London marathon: Training had gone superbly, I have been running well, and woke up to benign weather conditions- all that was left was to execute a perfectly judged even race. Well you can't have everything!

Despite some last week scares of a sore back and a cold, I made my way to Blackheath with Rob C and Mel in fine spirits. There were jitters all round but the sense of excitement always overrides this at London.

Mel went off to the championship start leaving Rob and I to start together, and after applauding the elites and a manly hug- we were off.

After the inevitable slower first mile I settled into target marathon pace reaching 5k only a little behind where I wanted to be. By the time I reached the cutty sark I was starting to slip slightly behind 2'45 pace but decided to maintain current speed and not force it. In hindsight it was perhaps at this point I should have eased back a little.

After leaving Greenwich and heading towards Tower Bridge I received excellent support from too many Dulwich Runners to mention- a superb turnout.

Approaching halfway I was still going reasonably well, but legs were starting to tire. I made a conscious decision to settle back and try and run 2'50- sadly I think the damage was already done.

I carried on at a decent pace till mile 16, but then noticed I was getting overtaken- a lot. Garmin confirmed my pace was dropping and I knew I had a big battle on my hands.

So it proved. Mile paced dropped further and despite a brief resurrection at Canary Wharf I headed back to the Highway with my only hopes being to finish and cling on for a pb.

I ran steadily on the long road home wearily waving at further Dulwich support and a comfortable pb was still on if I could just maintain my plod. Then came a new challenge: just before Blackfriars Bridge I was delighted to see Alastair jump out cheering wildly. Clearly the excitement was too much for me as I immediately felt a stabbing pain in my hamstring- and my first bout of cramp had struck.

After a stretch and a quick walk I managed to get going again although I now couldn't really bend my right leg! There were a couple of further episodes on the embankment, but the end was nigh, so I battled on.

Approaching the end I got a welcome boost when I actually overtook someone on Birdcage Walk. The fact he was dressed as a bear paled into insignificance! Boosted by this I turned the last corner contemplating a sprint finish, but thought it would be pretty embarrassing if I collapsed with cramp so just settled for a fast plod. Amazingly I still managed a pb by just over a minute.

There were no feelings of disappointment at the end just relief. I'm pleased I had a go at an aggressive target, but a marathon will always find you out and I still got a time I would never have dreamt possible 12 months ago. Thanks again to Steve Smythe for a superb training plan, all of the DRs who made the training especially the long runs so enjoyable and the amazing on course support on the day. Here's to a summer of 5ks!

Paul Devine 2:56:52

Ebe Prill writes.....

I better admit it upfront, race plan A of a sub-3 went out of the window somewhere after I reached the Halfway mark in 1:30:03. This was not the day for it.

So now that is out of the way, I can say this year's London marathon was my best so far. Not only could I improve my PB by almost 5 minutes, for the first time I managed to regroup after the going got tough and get a rhythm going again for the last six miles. That did feel great and I'm still on a high (despite having to lower myself gingerly on any chair, seat or bench I want to take).

My favourite one of the many stats available by the magic of the results webpage is the one that shows you how many fellow runners you passed on the last 7.2 km and how many passed you. 288 to 12 in my favour. Yes! For once! And made the top 100 of my age category (by chip time; note that runbritain-rankings and Po10 rank it by guntime, so if you're slow to cross the line, tough luck).

The bragging is done, so how did the race go? I was in the 'Fast for age' pen of the Red start and tried to time my crossing the start line so that I would meet up eventually with my training partner and 'race twin' Rob Cope, who had the Blue start. It took me more than a minute in the end to cross the line and I only saw the welcome sight of Rob appearing in a gap in the masses between mile 5 and 6. Luckily for me he was going at a slower pace so I could catch up with him without having to stretch it.

We then set off together like on many a tempo session in Battersea park on Thursday. Cutty Sark was circumnavigated and the peak of the Bridge over Deptford Creek was scaled in unison. After a while unfortunately Rob told me he didn't feel like pushing sub3 pace today, so - not being a US marine - I left him behind.

The glorious sunshine sure had brought out the crowds. The support along the route was tremendous, a big thank you for the cheers by all the Dulwich Runners out there! You guys seemed to be everywhere, some I noticed at three different points of the course, amazing!

"The bragging is done, so how did the race go?"

The sun also meant I was finding it increasingly hot and had to take a lot of drink on board. That didn't slow me too much at the stations (and together with the carb-loading on the two days before and four gels during the race helped to keep the wheels on) but it nevertheless slowed my mile pace, I found. And it became harder and harder to keep it at the required 6:50.

Steve Smythe's advice was to evaluate the race at certain points, like mile 15 and 20. And if feeling too stretched, to reset the target. Halfway in 89 min should have felt comfortable to have a go at sub3. But 90 minutes it was, and that already didn't feel like a breeze.

I kept it for a while in no-man's land but when mile 15 was still showing no improvement I decided not to push for sub3 anymore and go for 3:05 instead. After all, how did Coach Steve put it: 'You should feel good at mile 20 when the 10k race starts.'

And by now I was hurting. Coming up Mudchute and seeing the Docklands with the 'Valley of death' looming ahead, I had memories of the low-points experienced here in my 2010 London effort. Not again, I hoped. Come on, you trained much better this time. You fuelled up, you drank enough, you even slept well last night. And Hell! you want to be in the pub by 1:30! Keep with this guy just ahead, he isn't feeling any better by the looks of him! But he keeps going. So can you!

This dragged on till Canary Wharf was behind me, a welcome downhill along Billingsgate Market appeared and suddenly my legs were better. Mile 20 came and I felt like running again.
And so it stayed to the finish: as long as I kept running I knew I could hold it together. As soon as I would stop I knew I wouldn't run a single meter further. Funny thing, the body.
Had a great journey to this finish line. And it does start long before the race: so a huge thanks to the bunch of runners who trained, raced and shared with me! And to Steve Smythe for a great training plan and advice!
It was a hard day in the office, but not a bad one!

Ebe Prill 1712 (97th M50) 3:04:16 (chip)

Steve Smythe says I will continue to submit results for the time being but if others are going to submit results can they please do them in the style that have usually featured in Shorts.
Apart from the times, positions should also be provided and, if known number of finishers and any PBs and NB the format of parkrun (and all distance events) times is 19:59 and not 19.59.
19.59 is a very fast 200m time - 19 seconds and 59 tenths.
Minutes and seconds are always separated by a : - same for hours in marathons ie it's 3:10:30 and not 3.10.30.

Mini marathon 13 April

I was pleased with beating my time from last year by a minute in my favourite race of the year. However I really had to work hard in the last mile after setting off too fast in the opening mile, but the crowd and close competition helped me hang on to record a time I am fairly pleased with. It was also nice to watch other Dulwich Runners and Mo Farah after my race.
Lewis Laylee
Duncan Hussey adds Oscar felt heavy legged and was disappointed with his run. It's difficult with them being on a bus then cooped up in Billingsgate not able to properly warm up, let alone go for a walk. Despite this he made the scoring Bromley team who came 2nd out of the 33 Boroughs.

U15M

57	Lewis Laylee	17:58
294	Oscar Hussey	18:57

U15F

94	Katie Balme	20:05

HHH OPEN MEETING, 12 APRIL

In the first open meeting of the season at Tooting track, 4 club members took part in the 1500m. Kevin Chadwick had a good track debut with an even paced run and Ola made a rare excursion to the track. Both Nicola Richmond and Mike Mann were down on their recent indoor track performances. All 4 look set to improve as the outdoor track season progresses. ***Mike Mann***

Kevin Chadwick	5:03.09
Mike Mann	5:18.63
Nicola Richmond	5:21.06
Ola Balme	5:39.48

Congratulations to all of the DRs on Sunday.

I crawled round the last 6 after running out of steam at 20.5 miles.
At 14 miles I saw Shiona at 22 miles, looking good and also spotted Paul.
Gideon did brilliantly and so did Charlie and Laura who probably talked their way all round the 26 miles.
Somehow I appear as 'Clubless' on results, don't know how that happened.
Here's to 2015!
cheers
Steve Werhle

omitted from original report.

World Indoor Championships, Budapest

W50 1500m heat
Saturday: Clare again sat on 3000m world record holder Fiona Matheson until the last lap and her time was the fastest overall for the final though 30 seconds outside her world record.
Unfortunately Clare lost her spikes and British running vest with number on after the race and meant for the final and spent much of Saturday night trying to track it down but it had clearly been taken. Consequently, she had to borrow a vest (from the W55 400m and 800m champion) and spikes from a W45 400m finalist, which at least dsitracted her from her thought of doing the half-marathon before the 1500m final.
h1:1 Clare Elms GBR 5:10.24 (89.2%); 2 Fiona Matheson GBR 5:10.83; 3 Lorraine Jasper USA 5:19.06 - 17 ran in 2 heats

Dulwich Runners Club Kit

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£18 each

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

April 12th

Banstead

2 Tony Tuohy 17:45 (1M50)
194 ran

Brockwell

101 Hugh French 24:13
119 Desmond Edwards 25:02
189 Sarah Lyness 66W 30:21
217 ran

Crystal Palace

22 Paul Hodge 21:49
26 Bob Bell 22:25
28 Belinda Bell 22:35
35 Yvette Dore 23:29
66 Paul Hilton 25:53 (PB)
134 ran

Bob Bell

Dulwich

2nd birthday of Dulwich parkrun, pacers provided by Dulwich Runners

16 Oli Thorogood 18:49 (PB)
19 Andrew Bright 19:07 (PB)
26 Chris Goodman 19:59
51 Graham Laylee 21:15 (PB)
58 Christian Moody 21:28 (PB)
60 Ian Sesnan 21:43
7W/67 Ros Tabor 21:55 (92.47 age-graded)
81 Oliver Bottle 22:46 (PB)
106 Mick Mead 24:31
22W/115 Sue Cooper 24:57
146 Ajay Khandelwal 27:03
37W/147 Stephanie Burchill 27:04
58W/173 Abbie Bottle 29:19
212 ran

Ros Tabor

Eastbourne

An early switch back to the summer course at Shinewater Park effectively scarpered any hopes I had of breaking 19mins, as the first half mile and last half mile are on grass which is very greasy and uneven until the ground has completely dried up.

Lying 6th at halfway, I moved into 3rd in the final kilometre finishing just ahead of a trio of younger runners (mind you these days, everyone seems to be in a younger age category!).

3 Nick Brown 19:23 (1st M55)
133 ran

Hilly Fields

After waking up with a new calf injury, Steve Smythe thought he better test it out and get his 100th parkrun in case the marathon finished him off for good and got stuck on 99. However, he suffered a different calf problem mid race and then had to seek out more treatment prior to the marathon.

14 Ewan Mitchell 20:42 (PB)
22 Steve Smythe 2:01 (1M55/100th parkrun)
117 ran

Orpington

29 Colin Frith 23:34
129 ran

Roundshaw

Clare not only won the race outright by well over a minute, she also broke her own women's course record by 22 seconds.

1 Clare Elms 1W 18:38
86 ran

New members especially ! and others....

Could you update your Parkrun profiles to show you are a member of Dulwich Runners AC (if paid up). This help us pick out all our runners for the weekly results.

Dear athletically inspired friends of Highgate Harriers,
You are cordially invited to our unique night of 10,000m racing on Saturday May 10th at Parliament Hill athletics track:

With 100% free entry, please join us at the heart of the action cheering from lane 4 as 2012 Olympic triathlon champion Alistair Brownlee, multiple Olympians, a European champion and the best of British talent go head to head for coveted British & English National Championship titles, in addition to a chance to represent Team GB at the forthcoming European Athletics Championships.

In addition we have live music, food, alcohol, refreshments & ex world record holder David Bedford for your delectation.

YOUTH RELAY RACES

1pm-4.30pm

TUG-OF-WAR CHAMPIONSHIP

3pm – 4:30pm

FIVE 10,000M RACES

6pm start (Elite women 8.15 & Elite men 9pm)

We hope you can join us & revel in free to view London 2012 legacy in action!

Dulwich Runners Club Champs after 3 events, although marathons later in the year may change this.
Also a marathon table showing in age group (provisional) and age graded points.

		Short			Medium			Long				
2014 Club Champs within age group		**5k Brockwell 01-Feb**	**2M DULWICH 11-Jul**	**1M DULWICH 11-Jul**	**10K BROMLEY 05-May**	**10K BECKENHAM 22-Jun**	**7M SEVENOAKS 31-Aug**	**1/2 MAR TUN.WELLS 02-Mar**	**MARATHON LON or other 13-Apr**	**10M RYE 25-May**	**Bonus for no. of events**	**TOTAL 5 events max 1.S,M,L**
Name/Category												
WOMEN SENIOR												
Melanie	Edwards	49						50	47		3	149
Sue	Cooper	48						47	-		2	97
Sarah	Cross	47						48	-		2	97
Anna	Thomas	-						49	45		2	96
Helen	Lister	46						-	46		2	94
Laura	Lane	45						-	44		2	91
Charlie	Boden	44						-	44		2	90
Leann	Peters	42						43	-		2	87
Charlie	Wood	50						-	-		1	51
Shona	Mcintosh	-						-	50		1	51
Toni	Holt	-						-	49		1	50
Emily	Gelder	-						-	48		1	49
Katie	Crowe	-						46	-		1	47
Joanne	Shelton	-						45	-		1	46
Belinda	Bell	-						44	-		1	45
Kim	Hainsworth	43						-	-		1	44
Penelope	Bell	-						42	-		1	43
WOMEN V40												
Clare	Elms (50+)	50						50	-		2	102
Emma	Ibell	47						49	-		2	98
Michelle	Lennon	46						-	49		2	97
Ros	Tabor (50+)	45						48	-		2	95
Clare	Wyngard (50+)	44						47	-		2	93
Lindsey	Annable	43						44	-		2	89
Diana	Morgan (50+)	42						43	-		2	87
Marjorie	Epson (50+)	-						-	50		1	51
Ola	Balme	49						-	-		1	50
Nicola	Richmond	48						-	-		1	49
Louisa	Pritchard	-						46	-		1	47
Yvette	Dore	-						45	-		1	46
Carolina	Lilley	-						42	-		1	43
Sarah	Lyness	41						-	-		1	42
MEN SENIOR												
Paul	Devine	49						49	50		3	151
Alastair	Locke	47						50	47		3	147
Sam	Crump	45						47	44		3	139
Toby	de Belder	42						45	45		3	135
Kevin	Chadwick	43						46	42		3	134
Edward	Hill	48						48	-		2	98
Edwin	McCormack	46						-	48		2	96
Andrew	Cottrill	-						43	43		2	88
Chris	Goodman	44						42	-		2	88
James	Burrows	41						44	-		2	87
Dominic	Joiner	40						-	40		2	82
Hugh	French	37						40	-		2	79
Wayne	Lashley	50						-	-		1	51
Oli	Thorogood	-						-	49		1	50
Tom	Marshall	-						-	46		1	47
Martin	Double	-						-	41		1	42
Christian	Moody	-						41	-		1	42
Oscar	Hussey	39						-	-		1	40
Andrew	Bright	38						-	-		1	39
Desmond	Edwards	36						-	-		1	37
MEN V40												
Stephen	Davies	49						49	48		3	149
Rob	Cope	47						50	49		3	149
Charles	Lound	50						-	50		2	102
Ajay	Khandelwal	44						47	-		2	93
Jim	Dowsett	43						48	-		2	93
Cameron	Timmis	42						46	-		2	90
Paul	Keating	41						44	-		2	87
Ian	Lilley	48						-	-		1	49
Olivier	Montfort	-						-	47		1	48
Duncan	Hussey	46						-	-		1	47
Mark	Foster	45						-	-		1	46
Joseph	Brady	-						45	-		1	46
Paul	Hilton	-						43	-		1	44

continued below

MEN V50												
Eberhard	Prill	49						49	50		3	151
Andrew	Murray (60+)	42						43	47		3	135
Gideon	Franklin	43						42	46		3	134
Barrie J.	Nicholls	34						38	45		3	120
Tony	Tuohy	50						50	-		2	102
Stephen	Smythe	48						-	49		2	99
Neville	Webb	47						47	-		2	96
John	English	46						46	-		2	94
Gary	Sullivan	45						45	-		2	92
Mike	Mann (60+)	44						44	-		2	90
Martin	Morley (60+)	41						40	-		2	83
Graham	Laylee	39						41	-		2	82
Patrick	McMorrow	-						33	44		2	79
Robert	Bell (60+)	38						39	-		2	79
Stephen	Wehrle (60+)	-						32	42		2	76
Michael	Dodds	36						34	-		2	72
Michael	Ward	33						36	-		2	71
Per	Hedberg	29						35	-		2	66
Paul	Mottram	-						-	48		1	49
Chris	Loizou	-						48	-		1	49
Feasey	Dave	-						-	43		1	44
Duncan	Wilson	40						-	-		1	41
Peter	Gibbons	37						-	-		1	38
Ameet	Patel	-						37	-		1	38
Giles	Gibson	35						-	-		1	36
Colin	Frith	32						-	-		1	33
Pip	Eastop	31						-	-		1	32
Stephen	Street	-						31	-		1	32
Steve	Cook (60+)	30						-	-		1	31
Barry G.	Evans (60+)	28						-	-		1	29
John	O'Byrne (60+)	27						-	-		1	28

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.

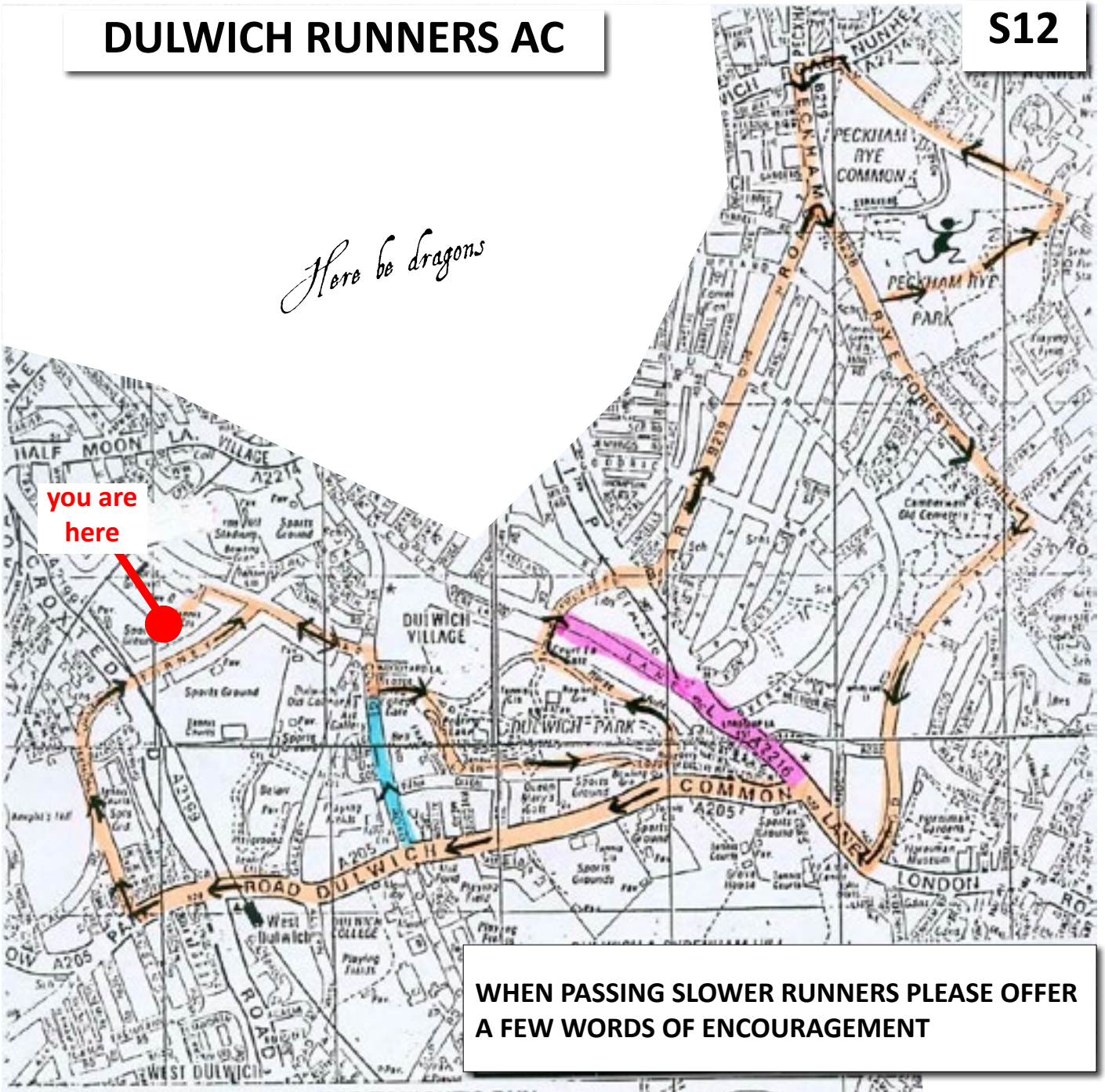
			Short			Medium			Long			
Overall Age Graded Champs			**5k Brockwell 01-Feb**	**2M DULWICH 11-Jul**	**1M DULWICH 11-Jul**	**10K BROMLEY 05-May**	**10K BECKENHAM 22-Jun**	**7M SEVENOAKS 31-Aug**	**1/2 MAR TUN.WELLS 02-Mar**	**MARATHON LON or other 13-Apr**	**10M RYE 25-May**	**TOTAL 5 events max 1.S,M,L**
Name/Category												
1	Eberhard	Prill	803						795	764		2,362
2	Andrew	Murray	761						763	744		2,268
3	Melanie	Edwards	740						778	734		2,251
4	Paul	Devine	752						750	707		2,209
5	Stephen	Davies	759						743	687		2,188
6	Alastair	Locke	711						744	701		2,156
7	Rob	Cope	720						737	682		2,139
8	Gideon	Franklin	707						696	666		2,070
9	Sam	Crump	691						706	638		2,034
10	Toby	de Belder	667						673	661		2,001
11	Barrie J.	Nicholls	666						673	617		1,955
12	Kevin	Chadwick	667						675	589		1,931
13	Ros	Tabor	910						902	-		1,812
14	Clare	Elms	914						882	-		1,797
15	Tony	Tuohy	831						859	-		1,690
16	Charles	Lound	805						-	845		1,650
17	Mike	Mann	819						815	-		1,634
18	Neville	Webb	792						810	-		1,602
19	Stephen	Smythe	779						-	750		1,529
20	Gary	Sullivan	767						760	-		1,527
21	Clare	Wyngard	762						758	-		1,521
22	John	English	746						749	-		1,495
23	Edward	Hill	745						749	-		1,494
24	Martin	Morley	746						720	-		1,465
25	Emma	Ibell	727						706	-		1,433
26	Robert	Bell	716						698	-		1,413
27	Edwin	McCormack	705						-	702		1,407
28	Graham	Laylee	698						696	-		1,394
29	Michelle	Lennon	729						-	655		1,383
30	Sarah	Cross	694						679	-		1,372
31	Sue	Cooper	703						667	-		1,370
32	Diana	Morgan	697						666	-		1,363
33	Helen	Lister	672						-	684		1,356
34	Ajay	Khandelwal	692						642	-		1,334
35	James	Burrows	660						666	-		1,326
36	Chris	Goodman	668						645	-		1,313
37	Jim	Dowsett	660						651	-		1,311
38	Anna	Thomas	-						682	629		1,311

39	Michael	Ward	642						650	-		1,291
40	Cameron	Timmis	654						635	-		1,289
41	Lindsey	Annable	650						635	-		1,286
42	Michael	Dodds	651						614	-		1,265
43	Andrew	Cottrill	-						656	607		1,263
44	Charlie	Boden	662						-	567		1,229
45	Laura	Lane	661						-	560		1,221
46	Patrick	McMorrow	-						620	594		1,214
47	Per	Hedberg	578						611	-		1,189
48	Dominic	Joiner	663						-	525		1,189
49	Stephen	Wehrle	-						659	500		1,159
50	Paul	Keating	584						571	-		1,155
51	Hugh	French	575						552	-		1,127
52	Leann	Peters	533						514	-		1,048
53	Chris	Loizou	-						825	-		825
54	Ola	Balme	801						-	-		801
55	Shona	Mcintosh	-						-	801		801
56	Marjorie	Epson	-						-	790		790
57	Emily	Gelder	-						-	781		781
58	Toni	Holt	-						-	764		764
59	Charlie	Wood	754						-	-		754
60	Ian	Lilley	745						-	-		745
61	Wayne	Lashley	741						-	-		741
62	Duncan	Hussey	739						-	-		739
63	Nicola	Richmond	734						-	-		734
64	Mark	Foster	720						-	-		720
65	Oli	Thorogood	-						-	706		706
66	Paul	Mottram	-						-	704		704
67	Tom	Marshall	-						-	702		702
68	Oscar	Hussey	700						-	-		700
69	Peter	Gibbons	679						-	-		679
70	Duncan	Wilson	675						-	-		675
71	Joseph	Brady	-						653	-		653
72	Katie	Crowe	-						652	-		652
73	Louisa	Pritchard	-						649	-		649
74	Yvette	Dore	-						641	-		641
75	Giles	Gibson	638						-	-		638
76	Steve	Cook	635						-	-		635
77	Colin	Frith	630						-	-		630
78	Joanne	Shelton	-						625	-		625
79	Andrew	Bright	620						-	-		620
80	Kim	Hainsworth	619						-	-		619
81	Olivier	Montfort	-						-	619		619
82	Pip	Eastop	611						-	-		611
83	Ameet	Patel	-						610	-		610
84	Barry G.	Evans	584						-	-		584
85	Sarah	Lyness	574						-	-		574
86	Christian	Moody	-						571	-		571
87	Belinda	Bell	-						571	-		571
88	Carolina	Lilley	-						553	-		553
89	Paul	Hilton	-						541	-		541
90	Martin	Double	-						-	537		537
91	Desmond	Edwards	506						-	-		506
92	Penelope	Bell	-						495	-		495
93	John	O'Byrne	485						-	-		485
94	Feasey	Dave	-						-	475		475
95	Stephen	Street	-						474	-		474

Marathon points to 13 April		marathon	min.sec	age group	gp points	age graded
Charles	Lound	lon 13 apr	159.19	m40	50	845
Shona	Mcintosh	lon 13 apr	169.09	w	50	801
Marjorie	Epson (50+)	gt manch 6 apr	206.12	w40/50	50	790
Emily	Gelder	lon 13 apr	180.59	w	48	781
Toni	Holt	lon 13 apr	178.30	w	49	764
Eberhard	Prill	lon 13 apr	184.16	m50	50	764
Stephen	Smythe	lon 13 apr	196.38	m50	49	750
Andrew	Murray (60+)	lon 13 apr	207.53	m50/60	47	744
Melanie	Edwards	lon 13 apr	185.20	w	47	734
Paul	Devine	lon 13 apr	176.52	m	50	707
Oli	Thorogood	brighton 6 apr	177.02	m	49	706
Paul	Mottram	gt manch 6 apr	198.04	m50	48	704
Tom	Marshall	lon 13 apr	179.30	m	46	702
Edwin	McCormack	brighton 6 apr	177.56	m	48	702
Alastair	Locke	brighton 6 apr	178.14	m	47	701
Stephen	Davies	paris 6 apr	192.44	m40	48	687
Helen	Lister	milan 6 apr	198.12	w	46	684
Rob	Cope	lon 13 apr	189.11	m40	49	682
Gideon	Franklin	lon 13 apr	211.09	m50	46	666
Toby	de Belder	rome 23 mar	189.03	m	45	661
Michelle	Lennon	brighton 6 apr	236.33	w40	49	655
Sam	Crump	paris 6 apr	195.48	m	44	638
Anna	Thomas	lon 13 apr	216.08	w	45	629
Olivier	Montfort	lon 13 apr	208.36	m40	47	619
Barrie John	Nicholls	lon 13 apr	248.13	m50	45	617
Andrew	Cottrill	lon 13 apr	205.41	m	43	607
Patrick	McMorrow	brighton 6 apr	250.30	m50	44	594
Kevin	Chadwick	blackpool 6 apr	211.59	m	42	589
Charlie	Boden	lon 13 apr	245.24	w	44	567
Laura	Lane	lon 13 apr	245.24	w	44	560
Martin	Double	lon 13 apr	233.41	m	41	537
Dominic	Joiner	paris 6 apr	238.00	m	40	525
Stephen	Wehrle (60+)	lon 13 apr	325.25	m50/60	42	500
Dave	Feasey	gt manch 6 apr	293.37	m50	43	475

DULWICH RUNNERS AC

S12



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHT'S RUN

BASIC RUN (ORANGE)	7.5 MILES
SHORT CUT OMITTING PECKHAM RYE AND PARK	6.0 MILES
SHORT CUT (BLUE)	6.0 MILES
BOTH OF ABOVE SHORT CUTS	4.5 MILES
SHORT CUT (PINK) ONLY	4.3 MILES
SHORT CUTS (PINK AND BLUE)	3.2 MILES

INCREASE DISTANCES BY EXTRA LAP OF DULWICH PARK (1.1 MILES OR / AND PECKHAM RYE AND PARK (1.5 MILES)

N B ENTER PECKHAM RYE PARK BY GATE OPPOSITE SCHOOL..... IF CLOSED CARRY ON AND TURN LEFT AT COLYTON ROAD